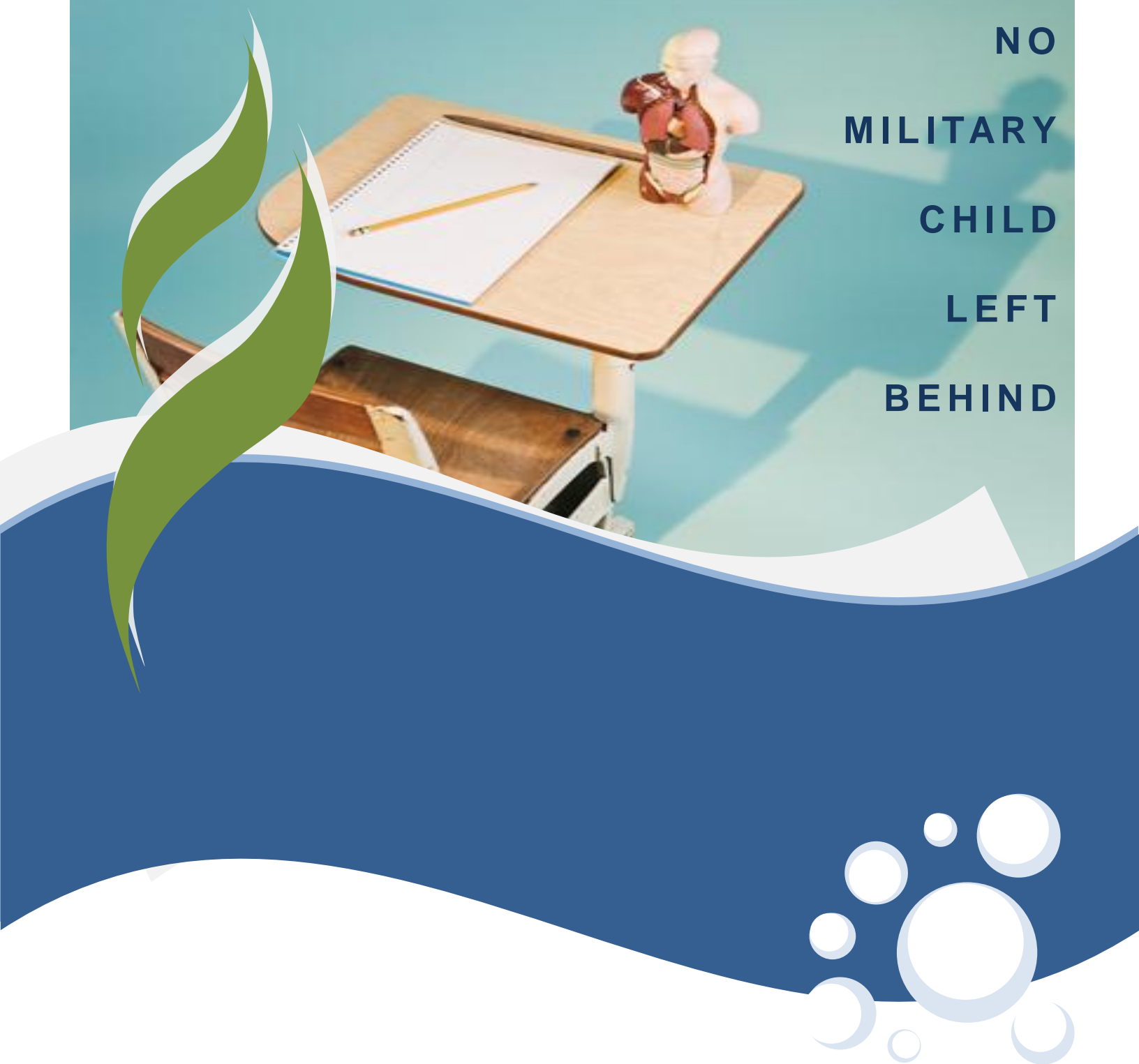


**NC NATIONAL GUARD  
FAMILY PROGRAMS  
EDUCATOR GUIDE**

**NO  
MILITARY  
CHILD  
LEFT  
BEHIND**



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## Acknowledgement

We would like to acknowledge the *Educator's Guide to the Military Child during Deployment*<sup>1</sup> from which our publication derived content. The *Educator's Guide* is sponsored by the Educational Opportunities Directorate of the Department of Defense. It is the result of the collaboration between representatives from each branch of the United States Military, as well as Marleen Wong, co-Director of the School Intervention Unit, National Center for Child Traumatic Stress, UCLA and Duke University, and Director of Crisis Counseling and Intervention Services, Los Angeles Unified School District, part of the National Child Traumatic Stress Network (NCTSN). The NCTSN is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS).

North Carolina National Guard Family Programs adopted this document in 2006 as a resource for North Carolina's educators who work with National Guard children. The Educator's Guide is updated yearly to reflect the addition of new programs, resources and services.

# About the National Guard

## Who We Are

Tab 1



North Carolina National Guard Soldiers march down the streets of Raleigh during a parade. Photo by Keith Papke, Owner/Director of Photography of Original Mind Productions

### IN THIS SECTION:

- Welcome Letter
- About the North Carolina National Guard
- About Family Programs
- Family Assistance Centers
- About the Child & Youth Program
- Additional Youth Programs of Support
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# Welcome

National Guard Children are unique. They face issues that other military Children do not. National Guard Children don't live on military installations where everything is there for them and structured to meet the circumstances they encounter because of their parent's military career. Quite the contrary, the National Guard Child is based in the community; a Child born to a parent that has made an oath to serve our Country ... in whatever capacity ... whenever called upon.

Being a Servicemember requires a certain, special quality. It is our belief, in the North Carolina National Guard, that a Military Child also possesses that same certain, special quality. In fact, it is our belief that *"military kids serve, too."*

Our happiest moments are to see our Guardsmen successfully complete their mission and grow as individuals in the community.

We are devoted to ensuring that each and every one of our Servicemember's Children and Families have the best available for them as they navigate alongside our state's heroes. From special needs, to wounded warriors, to combat veterans with post-traumatic stress, North Carolina National Guard plans to be steps ahead to have the structures in place.

As an Educator and someone who is in contact with National Guard Children, please take into account you have something special on your hands. Your extra effort or special attention given to a military child is an important part of the resiliency our National Guard Children have. We ask you to welcome his/her Family with open arms, "humanity" and support throughout what they may face. And, we thank you, in advance, for doing this.

Over the past several years, our State has been called upon numerous times, for missions at home and abroad. The mission of the North Carolina National Guard is not expected to change. What we aim to change is the community support and understanding of the National Guard. We work daily to support military Families throughout their loved one's career.

We'd like for you to take a look at the information we have compiled for you and urge you to welcome new partnerships we can create to help our North Carolina Military Families.

Our doors are always open. Please feel free to contact us at any time.

*North Carolina National Guard Family Programs*

*4105 Reedy Creek Road,*

*Raleigh, NC 27607*

*1-800-621-4136 Extension 46324*

## Our Structure

The NC National Guard operates a Joint Force Headquarters (JFHQ) in Raleigh with seven subordinate military commands across the State.

**30<sup>th</sup> Heavy Brigade Combat Team**, Clinton

**449<sup>th</sup> Theater Aviation Brigade**, Morrisville

**113<sup>th</sup> Sustainment Brigade**, Greensboro

**139<sup>th</sup> Regiment Combat Arms – North Carolina Military Academy**, Fort Bragg

**60<sup>th</sup> Troop Command**, Washington

**130<sup>th</sup> Maneuver Enhancement Brigade**, Charlotte

**145<sup>th</sup> Airlift Wing**, Charlotte

## Federal Mission Facts

The NC National Guard has deployed all but one unit to GWOT, some more than once.

NC National Guardsmen on Federal Duty awaiting deployment: Approximately 34

NC National Guardsmen currently deployed / Federal Active Duty in support of GWOT: Approximately 623

NC National Guardsmen deployed since September 11, 2001: Approximately 17,620

## State Mission Facts

1999: NC National Guardsmen used during Hurricane Floyd: Approximately 6,500

2005: NC National Guardsmen mobilized to support Hurricanes: Approximately 1,367

Katrina: Approximately 900 Guardsmen with the first 300 within 48 hours of the storm.

Other Hurricane Support: Wilma-24, Ophelia-416, Rita-12, Trop. Dep. Tammy-15 (The small numbers consists of Airmen and Aircraft sent to evacuate patients in FL)

2006: NC National Guardsmen mobilized for tropical storm Ernesto: Approximately 220

2009-2010: Winter Storm Support two missions: Approximately 60

Operation Jump Start: Mexican Border Mission: Approximately 782

Other Civil Support Missions include: Mobile Aerial Fire Fighting System (C130 aircraft), 42<sup>nd</sup> Civil Support Team for Weapons of Mass Destruction and The Counterdrug Task Force supporting local law enforcement agencies in counterdrug operations.

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# About the North Carolina National Guard

The North Carolina National Guard consists of the:

**North Carolina Army National Guard**

**North Carolina Air National Guard**

We are an all-volunteer force of nearly 12,000 Soldiers and airmen who serve in both federal and state capacities. In state government, the National Guard falls under the umbrella of the [North Carolina Department of Crime Control and Public Safety](#).

The [Constitution of the United States](#) specifically charges the National Guard with dual federal and state missions. Other than State Defense Forces and State Defense Militias, the National Guard is the only [United States](#) military force empowered to function in a state status. The National Guard may be called into federal service in response to a call by the [President](#) or [Congress](#).

When National Guard troops are called to federal service, the President serves as [Commander-in-Chief](#). The federal mission assigned to the National Guard is: **To provide properly trained and equipped units for prompt mobilization for war, National emergency or as otherwise needed.**

The [Governor](#) may call individuals or units of the North Carolina National Guard into state service during emergencies or to assist in special situations which lend themselves to use of the National Guard. The state mission assigned to the National Guard is: **To provide trained and disciplined forces for domestic emergencies or as otherwise provided by state law.**





# About Family Programs

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## Mission

The North Carolina National Guard maintains a Family Readiness Program specifically designed to improve the quality of life of all Military Members and their Families. *Our mission is to assist Commanders and Units as they support and prepare their Families during peacetime and mobilization.* We address practically every area of Military Family life, providing comprehensive information and referral service on a wide range of Family-related programs and services, including resources which are available in both the Military and local civilian community. We currently have Family Assistance Centers (FAC) located throughout NC. Typically their services offered include crisis intervention, financial management, relocation assistance, spouse employment assistance, parenting education, and deployment support programs.

National Guard Families typically live in a civilian environment in which they are supported by their local communities. However, when the Service Member is deployed for an extended period of time, Families may experience a variety of challenges relating to their loved one's deployment, the benefits they are entitled to, military pay, increased responsibilities (household, financial, legal, and other) that may be new to them, or they may just need someone to listen.

The NCNG Family Programs consists of a statewide network of Child and Youth Programs, Family Assistance Centers, Family Readiness Support Assistants, Military & Family Life Consultants (counselors and financial advisors), Family Assistance Center Paralegals, Family Readiness Group Leaders and Volunteers, and Mental Health Professionals to provide information, programs, and services to military Members and their Families.

Services include information, crisis management, problem solving, and more. Essential services include deployment and reunion issues, financial and employment information and referral, military Children, education, and Childcare, and healthcare.

To better serve Military Families in North Carolina, Family Programs has Family Assistance Centers that are located in the community and at armories.

Family Assistance Centers (FACs) were established in North Carolina after September 11, 2001. Each FAC serves as a resource to assist Service Members and their Families with any questions or guidance on military specific issues. They provide services otherwise found on a post or base.



**You can get the latest information and updates about our program at Facebook.com. Become a Fan! Search "North Carolina National Guard Family Programs."**

# Family Assistance Centers

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## *State Office*

4105 Reedy Creek Rd., Raleigh, 27607  
(800) 621-4136 ext. 46053  
(919) 664-6053/Main Office  
(919) 664-6443/Fax

**Diane Coffill**  
**State Family Program Director**  
diane.coffill2@us.army.mil  
(919) 664-6324

**SFC Ramona Scott**  
**Family Program NCOIC**  
ramona.scott1@us.army.mil  
(919) 664-6000 ext. 47005

**SFC Calvin Buchan**  
**Family Program Assistant**  
calvin.buchan@us.army.mil  
(919) 664-6124

**SGT Daniel Holland**  
**Family Program Asst./Warehouse**  
dan.holland@us.army.mil  
(919) 664-6124

**PFC Carrie Stevens**  
**Family Program Assistant**  
carolyn.stevens1@us.army.mil  
(919) 664-6000 ext. 46876

## *Senior Staff*

**Lana Greer**  
**State Family Assistance Coordinator**  
100 Minuteman Dr., Asheville, 28806  
lana.m.greer@us.army.mil  
(800) 621-4136 ext. 5029  
(828) 271-5037/Fax

**Kathleen Flaherty, LTC (Ret.)**  
**Airman & Family Readiness Program Manager**  
4930 Minuteman Way, Charlotte, 28208  
kathleen.flaherty@ang.af.mil  
(800) 621-4136 ext. 4949  
(704) 391-4219/Fax

**Pamela Hughes**  
**State FRG Advisor**  
105 W. Spring St., Oxford, 27565  
pamela.hughes5@us.army.mil  
(800) 621-4136 ext. 8820 line 11  
(919) 693-6037/Fax

**Alice Dean**  
**State Child & Youth Coordinator**  
2025 Nat'l Guard Dr., Morrisville, 27560  
alice.dean@us.army.mil  
(800) 621-4136 ext. 16289  
(919) 6693-6037/Fax

## *Asheville* Military Family Resource Center (MFRC)

7 Yorkshire St. Suite 101, 28803/Fax: (828) 274-8572  
**Debra Collington**, FAC Network Coordinator, debra.a.collington.ctr@us.army.mil, (828) 274-8571  
**Sue Bennett**, FAC Specialist, susan.j.bennett.ctr@us.army.mil, (828) 274-8571

## *Charlotte* Unit Family Contact Center (UFCC)

4240 West Blvd., 28208/Fax: n/a  
**Doretha McLaughlin**, FAC Specialist, doretha.mclaughlin1@us.army.mil, (704) 344-2352 Ext. 14548  
**Rachel Talbott**, FAC Specialist, rachel.talbott@us.army.mil, (704) 344-2352 Ext. 14547

## *Fayetteville* Unit Family Contact Center (UFCC)

3555 Own Dr., 28306/Fax: n/a  
**Amy Wallace**, FAC Specialist, amy.wallace3@us.army.mil, (910) 672-5125

## *Greensboro* State Family Assistance Center (SFAC)

110 Franklin Blvd., 27401/Fax: (336) 691-7766  
**Katy Jones**, FAC Network Coordinator, katy.m.jones@us.army.mil, (336) 691-7712  
**Sandy Harrison**, FAC Specialist, sandy.harrison1@us.army.mil, (336) 691-7763

## *Greenville* State Family Assistance Center (SFAC)

1401 N. Memorial Dr., 27834/Fax: (252) 551-6136  
**Dawn White**, FAC Network Coordinator, dawn.white@us.army.mil, 1-800-621-4136 Ext. 11150

## *Kannapolis* Military Family Resource Center (MFRC)

6001 Gateway Ctr. Dr., Suite 109, 28081/Fax: (704) 788-0550  
**Shane Judd**, FAC Coordinator/Legal Assistant, shane.judd@us.army.mil, (704) 788-4553  
**Sierra Johnson**, FAC Specialist, sierra.johnson@us.army.mil, (704) 788-4554  
**Lynn White**, FAC Specialist, lynn.white2@us.army.mil, (704) 788-4554

## *Kinston* Unit Family Contact Center (UFCC)

2875 Dobbs Farm Rd., 28504/Fax: (252) 526-2772  
**Gabrielle H. O'Flanagan**, FAC Specialist, gabrielle.h.oflanagan.ctr@us.army.mil, (252) 526-2711

## *Lenoir* State Family Assistance Center (SFAC)

1535 Beecher Anderson Rd., Lenoir, 28645/Fax: (828) 757-4519  
**Nancy Davis**, FAC Network Coordinator, nancy.davis3@us.army.mil, (828) 757-4365 Ext. 4 line 2  
**Frances Johnson**, FAC Specialist, frances.johnson3@us.army.mil, (828) 757-4365 Ext. 4 line 1

## *Raleigh* Military Family Resource Center (MFRC)

130 Penmarc Dr. Suite 110, 27603/(919) 334-9966/Fax: (919) 334-9971  
**Mark Woolbright**, FAC Network Coordinator, mark.woolbright@us.army.mil, (919) 334-9966  
**Earlene Capps**, FAC Specialist, earlene.capps@us.army.mil, (919) 334-9966  
**Lisa Faison**, FAC Specialist, lisa.faison@us.army.mil, (919) 334-0196  
**Elijah Fisher**, FAC Specialist, elijah.j.fisher.ctr@us.army.mil, (919) 334-0195

## *Smithfield* Unit Family Contact Center (UFCC)

406 Hospital Rd., 27577/Fax: (919) 934-2901  
**Abby Millsap**, FAC Specialist, abby.e.millsap@us.army.mil, (919) 934-2013 Ext. 16

## *Southern Pines* Unit Family Contact Center (UFCC)

500 Morganton Rd., PO Box 1317, 28387/Fax: (910) 692-3659  
**David Butler**, FAC Specialist, david.earl.butler@us.army.mil, (910) 692-8747

## *Wilmington* Unit Family Contact Center (UFCC)

2412 Infantry Rd., 28405/Fax: (910) 251-7130  
**Jim Marley**, FAC Specialist, james.marley@us.army.mil, (910) 251-7195

## *Wilmington* Military Family Resource Center (MFRC)

3114 Randall Pkwy., 28403/Fax: (910) 343-6953  
**Judy Howard**, FAC Network Coordinator, judy.m.howard@us.army.mil, (910) 343-1775  
**Julie Rowe**, FAC Specialist, julie.b.rowe@us.army.mil, (910) 343-1776

# About the Child & Youth Program

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**Child & Youth Program**  
2025 National Guard Drive  
Morrisville, NC 27560

**Alice Dean**  
State Child & Youth Coordinator  
(800) 621-4136 ext. 16289  
alice.dean@us.army.mil

**Kristi Wagner**  
Assistant Youth Coordinator  
(800) 621-4136 ext. 8820 line 23  
kristi.wagner@us.army.mil

**Bridgette Carroll**  
Kids on Guard Coordinator  
(800) 621-4136 ext. 8820 line 21  
bridgette.carroll@us.army.mil

The North Carolina National Guard Child and Youth Program supports the social, emotional and academic needs of approximately 9,000 North Carolina National Guard Children through programs such as our Teen Council.

This is also accomplished with unique programs such as Operation Kids on Guard (KOG). Kids on Guard was created in response to the concerns voiced by National Guard parents. KOG brings Army and Air National Guard Children together in a military environment, either during a day drill or weekend camp, and teaches them about their loved one's job in the military. The program is designed to help them understand why their loved one may go away from home and to reassure them that the Guard is Family.

Kids on Guard offers a program for younger military Children, known as Kiddies on Guard. The program is run during a day camp.

To date, Kids on Guard has served over 2,800 North Carolina Military Kids through Kids on Guard with fun, learning and understanding.



*KOG is a 501(c) 3 nonprofit organization. If you would like to make a tax-deductible donation, please send your check or money order to:*

**Operation Kids On Guard**  
c/o NCNG Child & Youth Program  
2025 National Guard Drive  
Morrisville, North Carolina 27560

## North Carolina Supports Military Children

To help our educators identify and assist military Students, the N.C. Department of Public Instruction and the N.C. National Guard Family Readiness Program developed a web site,  
[www.ncpublicschools.org/militarysupport](http://www.ncpublicschools.org/militarysupport).

The site provides a variety of resources to help public schools be supportive of Military Families. Links on the site explain what deployment is and how it affects Families, describe stress indicators so teachers can identify Students having problems, and direct the user to numerous resources such as this Guide.

**[www.ncpublicschools.org/militarysupport](http://www.ncpublicschools.org/militarysupport)**

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## Because Military Kids Serve, Too!



# Additional Youth Programs of Support



## Tarheel ChalleNGe

### Dream. Believe. Achieve.

The NCNG is the proud sponsor of Tarheel Challenge, located in Sampson County near Clinton, NC. Tarheel Challenge is a quasi-Military, volunteer program for high school dropouts, or expellees who, if left to their own devices, are headed for disaster. The program is designed to improve the life-coping skills and employment potential of the cadets so that they may become productive members of their communities and society in general.

The program is divided into two phase. First, there is a 22-week residence at the Academy and, then, there are 12 months of post-residential activities. The program has eight key core components: academic excellence, leadership & followership, physical fitness, community service, employment skills, health & nutrition, life-coping skills and responsible citizenship.

Emphasis is placed on self-discipline, teamwork, academic advancement, community service, leadership, and followership, health and nutrition, responsible citizenship and integrity. A major part of the residential phase provides General Education Development (GED) schooling and testing.

Although sponsored by the NCNG, there is no Military obligation for attending. Cadets are free to choose Military service as one of their options, but are not required to do so. There is no cost to the cadet or Family other than personal and "startup" items such as underclothes and toiletries.

*Tarheel ChalleNGe is a volunteer Program. Anyone can recommend and assist. However, the applicant must volunteer for the training. An applicant must be motivated and committed to turning his/her life around through this "Second Chance." To learn more about this Program, call (910) 525-5520 or visit [www.ngycp.org/state/nc](http://www.ngycp.org/state/nc).*



### ABOUT STARBASE

The NC STARBASE program is sponsored by the NC Air National Guard and is based at the 145<sup>th</sup> Airlift Wing, at the Charlotte-Douglas International Airport. A second site was opened in 2004 at the Fort Fisher National Guard Training Facility, located in Kure Beach, NC. STARBASE targets "at risk" elementary school Students in an attempt to increase interest in math and science. Using team-building activities and a "hands-on" approach to learning, Students become involved in goal –setting strategies and an awareness of the negative effects of drug use. STARBASE has reached well-over 25,000 young people in more than 75 counties.

To learn more about STARBASE, call (704) 398-4819.

# Programs & Services



## North Carolina National Guard Military Family Life Consultants

The North Carolina National Guard maintains counselors on hand to work with military Members and their Families in addressing any challenges they may face.

John Alleman  
Adult & Family Specialist  
(919) 745-9635

Betty Steelman  
Child & Family Specialist  
(919) 665-9178



For more information on the  
North Carolina National  
Guard Yellow Ribbon  
Program, call

**(800) 621-4136 ext. 6054**

or  
visit Yellow Ribbon  
at  
[www.nc.ngb.army.mil](http://www.nc.ngb.army.mil)

## North Carolina National Guard

### Yellow Ribbon Program

The Department of Defense established a national combat veteran reintegration program known as Yellow Ribbon to provide National Guard and Reserve Members and their Families with sufficient outreach opportunities throughout the entire deployment cycle. *This support is offered in three phases, pre-deployment, reunion/homecoming, and post deployment.* These events typically occur over the weekend, beginning on a Friday and ending on Sunday. The Friday events, depending on scheduling, may affect a military Child being in school that day, or needing to leave early. Yet, the ultimate benefits of this program far outweigh the absence and require the coordination and support of parent and educator.

The North Carolina National Guard Child & Youth Program has a structured program in place for Military Children during these events. The Children are educated about the changes they may experience at home and/or see in their parent.

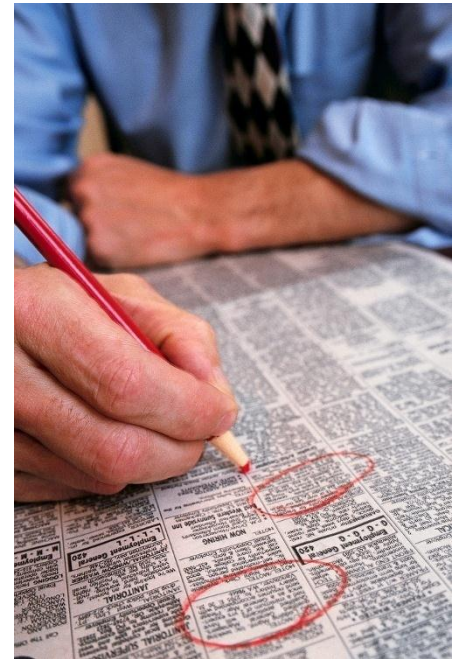


# Programs & Services

## NC Employment Readiness Program

The NCNG Family Programs Office assists NC National Guard Members and Spouses with various employment issues.

The NC Employment Readiness Program was created to expand employment and career opportunities to help improve the financial readiness of North Carolina's Military Families. Our desired result is to improve Family financial readiness to help increase overall force stability and deployment readiness.



### DID YOU KNOW?

NCNG Military Family Life Consultant, Certified Financial Planner, David Porter, helps Families budget for a successful financial future. All services are confidential.

David Porter, AFC  
Certified Financial Planner, can be contacted at  
(704) 280-9555



### North Carolina Employment Readiness Program

If you or someone you  
know needs employment  
assist, please contact:

**David Ponder**

**NC Employment  
Readiness Specialist**

**(828) 274-8571**

**david.ponder@us.army.mil**

# Understanding a National Guard Child

## Military Kids Serve, Too

### IN THIS SECTION:

- Separation and Reintegration
- Air National Guard Families

Tab 2

Military Families, and especially Military Children, do not want to be singled out for special attention. However, it is important for teachers and school personnel to have a basic understanding of situations that impact the lives of military Families living in North Carolina.

Whether it is a small, rural community or a large military installation, Military Families can be found from Morehead City to Murphy. Many of these Military Children are in the public school system.<sup>1</sup>





# Understanding a National Guard Child

According to the article *Deployment: Your Child and Separation*, "Children going through deployment may experience many of the same effects as Children of divorce." However, National Guard Children face ever changing challenges. The attention they require from the community is critical, and your response must be unique to the National Guard Child.<sup>1</sup>

## Separation and Reintegration

The impact of the sacrifices of our Military naturally has an effect on the people and the communities they are tied into. The ripple effect of frequent or multiple separations, stress and change effect spouses, their Children and the classroom in many ways.

Whether a Service Member leaves for training, schools or on a deployment, the loved one left at home is in a constant whirl-wind of juggling responsibilities. Once simple things like taking the kids to school or extra-curricular activities, become daunting tasks when suddenly faced alone. They have to assume as many roles as they can like a single parent, when they are not. This upheaval of change is felt by Military Children. Simply watching a neighbor play with his son when his own father is gone is hard. Missing the joy of milestones such as the prom or graduation leaves long-lasting effects. These experiences make getting back to normal much harder when the Service Member returns. Often times, these experiences are internalized and can effect each National Guard Family differently.

Educators, Employers and Communities have close ties with Service Members across the state. We offer you support when faced with the "ripple effects" that you may encounter with the various programs and services available at no cost to all Military Families, National Guard, Active Duty and Reserves.



## Air National Guard Children



The length of Air National Guard deployments vary depending on mission requirements. Our tasking is usually by number of people needed for a specific mission. We do not mobilize as a unit like the Army side. The length of our deployment can be from 60 days to a year. Depending on the specific unit, Members can deploy a lot, often, some for two or more times a year. The Air Expeditionary Force (AEF) cycle for our Airlift and Maintenance folks and NCNG planes is an 18-month cycle. They are in a window to go any time during that 18 month timeframe and then for various lengths during that timeline. We have a few of our units that support Army National Guard Units. This entails them to go on the same timeline as the Army Guard.

Our missions take NCNG airmen all over the world. We also have a Modular Airborne Firefighting System (MAFFS) mission, which is our firefighting mission.

Yellow Ribbon events have a different requirement for the air side. It is required that our Airmen who have deployed for 90 days or longer in a fiscal year attend a Pre-deployment event, with Family at the Family Sustainment Event during deployment, Post-deployment 30, 60 and 90.

**Kathleen Flaherty, LTC (Ret.)**  
**Airman & Family Readiness Program Manager**  
 4930 Minuteman Way, Charlotte, 28208  
[kathleen.flaherty.ctr@ncchar.ang.af.mil](mailto:kathleen.flaherty.ctr@ncchar.ang.af.mil)  
 (800) 621-4136 ext. 4949  
 (704) 391-4219/fax



Chief Master Sgt Andy Huneycutt directs C-130 Hercules loadmasters from the North Carolina Air National Guard's 145th Airlift Wing as they load a modular airborne firefighting system (MAFFS) June 23 at Charlotte, N.C. The guard Members are fighting wildfires in Northern California. (Photo by Tech. Sgt. Brian Christiansen, North Carolina National Guard)

# Changes You Can and Cannot See

## Deployments and Frequent Absences – A “New Normal” for the Military Child

Most Students and their Families will be able to adjust to a “new normal” after the departure of a spouse or parent. However some Students who are fragile or who have had previous social or emotional problems may continue to have serious symptoms of stress and their ability to function in the school remains compromised.<sup>1</sup>

### IN THIS SECTION:

- Separation-Changes at Home
- Reintegration-Changes at Home
- Deployments and Reunions-Changes at School
- Health and Well-Being Services
- Health and Well-Being Programs

Tab 3



Photo from  
[floridaconcealedcarry.com](http://floridaconcealedcarry.com)

## Separation – Changes at Home<sup>1</sup>

All Families benefit from assistance and support in one or more areas but disorganized Families with multiple pre-existing problems and/or troubled Family Members tend to be at higher risk for poor adjustments during deployments and separations.

Deployments cause a number of changes in Children's lives. Change is puzzling to Children, and as a result they may show signs of separation anxiety. Listed below are some of the reactions that parents and teachers might observe in Children when a parent is deployed. It is very helpful when teachers and counselors contact parents of Military Students experiencing separation anxiety. These Students may be showing similar signs at home.



### **In school-age Children you may see: Any of the signs exhibited by younger Children, plus:**

- ~ A rise in complaints about stomach aches, headaches, or other illnesses when nothing seems to be wrong
- ~ More irritability or crabbiness
- ~ Increase in school problems such as a drop in grades, an unwillingness to attend school, or odd complaints about school and/or teachers
- ~ Behavior changes

### **In preschool or kindergarten Children, you may see:**

- ~ Clinging to people or favorite toy, blanket, etc.
- ~ Unexplained crying or tearfulness
- ~ Change in relationship with same-age friends
- ~ Choosing adults over same-age friends
- ~ Increased acts of aggression toward people or things
- ~ Shrinking away from people or things
- ~ Sleep difficulties (nightmares, frequent waking)
- ~ Regressing such as toileting accidents, thumb sucking, etc.
- ~ Eating difficulties



Reunion is typically experienced with euphoria and joy when the military parent or spouse returns. Hidden beneath the surface are normal issues that must be addressed and resolved as the Family works to re-incorporate the returned Family Member. The joyous return from the Family's perspective may bring challenges to the new equilibrium established while the Service Member was gone. Spouses and Children may have operated with a new independence that is not easily surrendered. Old and new conflicts may arise over roles and responsibilities. Family counseling, support and assistance may be needed to reconstruct Family interaction.

*The expectation that the Family will be just as it was before the deployment must be addressed. Reunion is the family coming together again. Reintegration is what happens next.*

## Common Reactions after Reunion<sup>1</sup>

### Preschoolers (3 to 5 years)

- ~ Feels guilty for making parent go away
  - ~ Needs some warm-up time
- ~ Demonstrates intense anger at home or school
- ~ Needs "proof" that the parent is real – pokes, hits, test limits
  - ~ Acts out to get parent's or teacher's attention
  - ~ Is demanding

### School age (5 to 12 years)

- ~ Runs to greet returning parent at homecoming
- ~ Feels guilty that they didn't do enough or weren't good enough
- ~ Dreads the parent's return if they believe parent will discipline them for all the wrongs committed during the separation
  - ~ Boasts about the service and parent
- ~ Talks the entire way home on homecoming day trying to bring the parent up-to-date

### Teenager (13 to 18 years)

- ~ Exhibits excitement if parent/Child relationship was strong
  - ~ Feels guilty for not living up to standards
  - ~ Is concerned about rules and responsibilities
- ~ Feels too old or is unwilling to change plans to meet the ship/plane when parent returns



## Adjustment Period After Deployed Affect Learning?<sup>1</sup>

Deployment and the period after deployment affect learning by creating instability in the lives of individual Students as well as the classroom. Stressed Students have difficulty concentrating, learning new concepts and controlling emotional expression. Some Students may become very quiet and withdrawn while other may become disruptive and overly active. Their academic functioning may be impaired. Studies have shown that prolonged stress alters brain chemistry and function, causing Students to have difficulty with concentration, memory, behavior and control of emotions.

### "MR. POE AND FRIENDS DISCUSS FAMILY REUNION AFTER DEPLOYMENT DVD"

Developed by Military pediatricians as a way to help Military Children understand that they are not alone as they experience Family separation. The DVD also includes a facilitator's guide and other resource material for Families

## Deployment and Reunions- Changes at School

### Impact of Leaving or Coming Home<sup>1</sup>

A Student may show signs of serious stress during and immediately after a parents' deployment to war. The following signs indicate that the Student is in acute distress and will need to be referred for immediate evaluation:

- ~ Unfocused agitation or hysteria
- ~ Disconnection from peers and adults
- ~ Serious depression or withdrawal
- ~ Auditory or visual hallucinations
- ~ Any prolonged major change from normal functioning that continues six weeks after deployment



The primary difference between a normal and serious reaction is one of degree and duration of change rather than in kind. The withdrawn Student who may go unnoticed in a classroom may also need a referral for evaluation. This Student may, in fact, need more immediate intervention than the agitated Child who is acting out.

If any of the "normal" reactions to the stress of deployment persist over six weeks, the parent needs to be notified and a referral made to appropriate school, community or Military services.

### MILITARY YOUTH COPING WITH SEPARATION: WHEN FAMILY MEMBERS DEPLOY DVD

This DVD was developed by Military pediatricians and adolescent medicine specialists to help Military Youth understand that they are not alone as they experience Family separation. The American Academy of Pediatrics provided initial funding to develop this collaborative program. The DVD also includes a facilitator's guide and a Military Youth stress management plan.

To get your free copy, register as a service provider at  
[www.militaryonesource.com](http://www.militaryonesource.com)



## Health and Well-Being Services



Brendan Smialowski/Getty Images

### Post-Traumatic Stress Disorder

According to the United States Department of Veteran Affairs, a parent's PTSD symptoms are directly linked to their Child's responses. Children usually respond in certain ways:

- ~ a Child might feel and behave just like their parent as a way of trying to connect with the parent. The Child might show many of the same symptoms as the parent with PTSD.
- ~ a Child may take on the adult role to fill in for the parent with PTSD. The Child acts too grown-up for his or her age.
- ~ some Children get little emotional help. This results in problems at school, depression, anxiety (worry, fear), and relationship problems later in life.

For more information on Children with a parent who has PTSD, visit  
[www.ptsd.va.gov/public/pages/Children-of-vets-adults-ptsd.asp](http://www.ptsd.va.gov/public/pages/Children-of-vets-adults-ptsd.asp)

NC NATIONAL GUARD  
BEHAVIORAL HEALTH  
PROGRAM

(800) 621-4136 EXT. 1

## Wounded Warriors

An unfortunate consequence that many Families face will be when a loved one returns home changed, physically. This poses additional challenges for the Family attempting to reintegrate.

### Suicide Prevention

The North Carolina National Guard has joined the nation in an attempt to prevent suicide. The Army National Guard has experienced an increase in the occurrence of suicide. While we all recognize the effects of a high operational tempo, the challenges of serving in today's military should not be so great that anyone is left to believe that ending their life is an option. As such, we maintain behavioral health professionals experienced in dealing with intense situations.

#### State Behavioral Health Director

Stephanie Nissen, LMHC, LPC  
(919) 485-9564

[stephanie.w.nissen.ctr@us.army.mil](mailto:stephanie.w.nissen.ctr@us.army.mil)

#### NCNG Director of Psychological Health

Dr. Renee Evans  
(919) 257-8863

[rochelle.evans@ceridian.com](mailto:rochelle.evans@ceridian.com)

#### State Director of Survivor Outreach Services

Ms. Lee Rhea Mabry, RN, MSN  
(800) 621-4136 extension 6724

[leerhea.johnsmabry@us.army.mil](mailto:leerhea.johnsmabry@us.army.mil)

#### Suicide Prevention Manager

1LT Louise Waweru  
(919) 664-6000 ext. 6909  
[Louise.waweru@us.army.mil](mailto:Louise.waweru@us.army.mil)

### Sexual Assault Prevention

#### NCNG Sexual Assault Prevention Program

SSG Kristian Hall  
(919) 664-6000 ext. 6909  
[kristian.hall@us.army.mil](mailto:kristian.hall@us.army.mil)



## Health and Well-Being Programs



Every year the Gold Star program brings Family Members of fallen Soldiers together to share their experiences, learn about benefits and receive grief counseling. This typically conducted during the weekends. However, if a Child comes to school after such an event and is



North Carolina National Guard Strong Bonds Retreats are offered to all Service Members. North Carolina National Guard Family Programs offers retreats for Single Soldiers, Military Couples and Military Families. Each retreat focuses on increasing Family and Soldier readiness. The retreats provide Families and Soldiers important relationship skills for a stronger, happier home.

### Casualty Assistance

North Carolina National Guard is equipped with Casualty Assistance Staff to provide on-going support to Families following an injured Service Member and death of a Service Member. This program also works to provide assistance to Families for funeral services, identification and enrollment in survivor benefit programs and to provide long term support and grief counseling.

### Survivor Outreach Services

The Survivor Outreach Services (SOS) program was developed to help Family Members of deceased Service Members navigate this difficult and often unexpected journey.

The SOS Coordinators can assist Families with:

- Ensuring survivors receive all benefits to which they are entitled.
- Providing financial counselors and support coordinators locally available to survivors.
- Offering referrals for short and long-term case management, benefits counseling, educational benefits, financial planning and legal assistance
- Counseling and support groups.

We help Families when Children are ready for college. We can help apply for their VA Dependent Education Assistance, State Scholarship, or the Fry Scholarship. To prepare our staff the Casualty Assistance Team conducts Bereavement Training where they learn about the grief process and how to better assist a Military Family dealing with a loss.

To Reach out and support survivors contact Lee Rhea Mabry, RN, MSN, Director of Soldier Outreach Services at (800) 621-4136 extension 6724.

### Relationship Enhancement Retreats

**Before You Say "I Do"** Single Soldier's Retreat, "How Not to Date a Jerk or Jerkette"

The Single Soldier program is designed to help Soldiers that are single establish relationship goals and gain essential skills to help them make good choices prior to picking a partner for life.

**After You Say "I Do"** Marriage Enrichment Retreat, "Laughing Your Way to a Better Marriage"

The Marriage Enrichment Program teaches couples practical, useful information based on world-class curriculum developed from years of research. During Marriage Enrichment Retreats couples will have the opportunity to practice communication and relationship building skills, as well as share intimate moments.

**After "I Do" + Kids** Family Retreat

During Family Retreats Families gain practical, useful information based on curriculum designed especially for military Families. Through small group and one-on-one activities, Family Members learn how to maintain closeness during challenges like long separations, deployments and repeated reunions.



# Our Partners

**“We thrive on partnerships, it’s how we survive.”** Diane Coffill, State Family Program Director

## IN THIS SECTION:

- Partnerships



Exert from "NC State Employees Credit Union Sign Statement of Support" By the NCNG Public Affairs

RALEIGH, N.C. – G. Mark Twisdale, Senior Vice-president of Human Resources, North Carolina State Employment Credit Union, signs the union’s “Statement of Support” showing their commitment to their military members and staff. Twisdale was joined by Darrell Johnson, Executive Director of the North Carolina Employer Support of the Guard and Reserve, and Air Force Brig. Gen. Iwan Clontz, Assistant Adjutant General, North Carolina National Guard, at the union’s managers meeting at the Washington Duke Inn and Golf Club in Durham, N.C., Aug. 14. (U.S. Army photo by Staff Sgt. Robert Jordan, North Carolina National Guard Public Affairs)

Tab 4

Nearly 300 leaders of the North Carolina State Employees Credit Union gathered to show their commitment to their military members and staff at a “Statement of Support” signing at the Washington Duke Inn and Golf Club in Durham, N.C., on Aug. 14.

The signing was part of the credit union’s annual managers meeting. “This is something for our military members and employees, something we should be doing,” said G. Mark Twisdale, senior vice-president of Human Resources, NCSECU.

The managers additionally planned this year’s “SECU Supports the Troops,” a program to provide care packages/holiday stockings for deployed Servicemembers. Collection points for a list of items frequently asked for by deployed Servicemembers are set up at participating credit unions and then shipped to overseas troops.

Additionally Ben Hill, a board member of the North Carolina Credit Union League, reported to the managers that their Social Responsibility Project had raised \$160,000 for “Hope for Warriors,” a charity that enhances quality of life for servicemembers and their families nationwide who have been adversely affected by injuries or death in the line of duty.

The NCSECU has \$21 billion dollars of assets of 1.6 million members and operates 233 branches across the state.

Like the North Carolina National Guard, the credit union provides for North Carolinians from Murphy to Manato, said Clontz.

“Their foundation helps our ‘Kids on Guard Program,’ added Clontz. “They support us.”

### 4-H Operation Military Kids (OMK)

OMK is an ongoing community support program. OMK provides an outlet system with recreational, educational and social backgrounds to military Children. OMK joins with the school and community to educate and promote awareness of what the Children may be going through. They offer 4-H clubs, camps and other activities in support of our military Children.

[www.nc4H.org](http://www.nc4H.org)  
[www.operationmilitarykids.org](http://www.operationmilitarykids.org)



The **OMK Mobile Technology Lab** is a mobile, internet-ready computer lab for use in a variety of settings. The lab provides access to technology for military Youth to communicate with deployed loved ones, learn about technology, enhance educational experiences, or make videos/pictures, etc. to send deployed loved ones. MTLs include: laptop computers configured for the internet; digital video camera; scanner/and software packages, e.g., video/photo editing and webpage design.

The MTL is available for all OMK Partners to use in working with Military Children, Youth and their Families. To learn how to reserve a Lab in your school contact a Family Assistance Center Specialist in your area or Operation Military Kids at (919) 515-8500.

### OMK Ready Set Go!

**Ready, Set, Go!** community trainings are designed to increase non-military Youth workers, educators, counselors and other community Members understanding of:


- the unique issues facing military Youth
- military culture
- the deployment cycle
- fostering resilience in Youth and to engage them in building State and Local community networks to provide support for military Children and Youth.

### OMK Speak Out for Military Kids

SOMK is a Youth –led, adult supported project that generates community awareness of issues faced by Youth of military Families. Youth acquire knowledge and skills in developing creative and informative presentations using a variety of different media.

They actively gain leadership, research, organization and public speaking skills through speakers bureaus, by developing presentations, public service announcements, videos, and other materials while actively seeking opportunities to share their experiences with others in the community (e.g. school assemblies, service club meetings and events, city council meetings, fairs, community activities, and teacher in-service programs).

### USEFUL WEBSITE



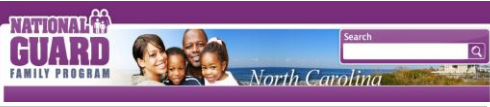
**YOGA WARRIORS**  
Healing the Wounds of War Breath by Breath

**FREE  
classes for  
Veterans**

[www.yogawarriors.com](http://www.yogawarriors.com)

The Yoga Warrior Method is designed to provide advanced knowledge and practical tools for yoga teachers working with combat veterans diagnosed with Combat and Operational Stress Reaction (COSR) or Post Traumatic Stress Disorder (PTSD). The Yoga Warriors Method skillfully integrates concepts from yoga therapy, traditional yoga philosophy, psychology and sensory integration theory with current scientific knowledge of the mind-body connection to promote health, wellness and peace of mind from within. The classes are free to veterans and their spouses.

[www.yogawarriors.com](http://www.yogawarriors.com)  
[www.yogaforvets.org](http://www.yogaforvets.org)



**Joint Services Support**

Joint Service Support.org is a website for "one-stop shop" to find information on programs, benefits, resources and more. Educators can learn about Family Readiness, Program Services and Plans and Operations. Registered users will have access to state/national calendar events that support military Families and immediate notification of opportunities and upcoming monthly newsletters available.

Start accessing information, resources, and tools, for Service Members & Families, Volunteers, Staff and the Community.

Register at North Carolina National Guard Joint Service Support at [www.jointservicesupport.org](http://www.jointservicesupport.org)



## HOUNDS4HEROES

Hounds4Heroes is a non-profit organization that provides pets to our nation's military veterans who suffer from emotional effects sustained during active duty. Companion animals help alleviate psychological suffering by providing unconditional love and support. We believe placing homeless animals in homes with veterans is a win-win. The animal gains a loving, forever home, and the veteran gets a lifelong companion and friend. They can listen to each other's worries, snuggle when it's needed and provide a buddy who can always be counted on.

Hounds4Heroes seeks to alleviate the psychological suffering of our Nation's heroes and their Families by providing them with a companion animal at no charge. For more information, visit the Hounds for Heroes website at [www.hounds4heroes.org](http://www.hounds4heroes.org).

## Partnerships



Military OneSource is a 24/7 resources available for Military Members, Spouses & Families

[www.militaryonesource.com](http://www.militaryonesource.com)

The North Carolina National Guard also has on staff a local Military OneSource Representative available to assist you.

April Prout  
Military OneSource  
NC MOS Joint Family  
Support  
Assistance Program  
Consultant  
(919) 745-0929  
[april.prout@militaryonesource.com](mailto:april.prout@militaryonesource.com)



Sesame Workshop, the nonprofit educational organization behind Sesame Street, and Wal-Mart Stores, Inc. have partnered with additional support from The New York Office of Mental Health (NYSOMH) and Military Child Education Coalition (MCEC) TM to develop Talk, Listen, Connect an outreach initiative to help the young Children of Members of the United States Armed Services, National Guard and Reserves cope with the feelings, challenges, and concerns they experience during various phases of deployment: pre-deployment, deployment and homecoming.

Featuring the Sesame Street Muppets, Talk, Listen, Connect: Helping Families Cope with

### More at 4 Pre-Kindergarten Program

Provides a high quality child care program for children of alerted or activated North Carolina National Guard, Reserves and Active Duty. In order to be eligible the child needs to be four years of age by October 16th of year attending and entering kinder-garten following years.



## Partnerships



MCEC™ is accredited through IACET and NBCC.

The MCEC's Supporting Children of the National Guard and Reserves Institute focuses on information needed to raise community awareness about the issues faced by Children when a parent is deployed. Through a combination of direct instruction, group work and . . . .

*...for the sake of the Child*

The Military Child Education Coalition (MCEC) is a 501(c) (3) nonprofit, world-wide organization. A model of positive leadership and advocacy, MCEC's work is focused on ensuring quality educational opportunities for all military-connected Children affected by mobility, Family separation, and transition. MCEC performs research, develops resources, conducts professional institutes and conferences, and publishes resources for all constituencies.

MCEC offers education, training and resources for Educators nationwide to help Military Children transition through the many challenges they may face by having a parent(s) in the Military. Some courses offer participants Continuing Education credit and/or college credits.

To date North Carolina has hosted twelve Military Child Education Coalition Guard and Reserve Institutes and six Living in the New Normal Institutes. North Carolina plans to bring four more Guard and Reserve Institutes in the Fall 2010 and Spring 2011.

In addition to trainings, MCEC Memberships are offered to individuals, organizations and school districts/installations. Members receive special



The Department of the Army has partnered with Tutor.com to offer an online interactive tutoring service for military dependents of all ages.



Certified education professionals provides real time assistance in Math, English and Writing, Science and much more. College Students can use this service to gain a competitive edge in their studies and adults can do the same with their resume. Parents create an account online at [www.tutor.com](http://www.tutor.com) or go [www.myarmyonesource.CYSS\\_tutoring.com](http://www.myarmyonesource.CYSS_tutoring.com).

**Service Members do not need to be deployed to use this FREE service.**

## Partnerships



### ZERO TO THREE



ZERO TO THREE is a national nonprofit organization that informs, trains, and supports professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers. The organization has developed a comprehensive series of materials to meet the needs of the parents, caregivers, and professionals who are supporting over 500,000 babies born to military Families during the Iraq and Afghanistan wars. The materials address the continuum of challenges of military life, from the day-to-day stress of deployment and relocation to the intense challenges of trauma, grief, and loss that are experienced by some. The materials provide a platform that allows professionals to open a dialog to support babies and toddlers in their healthy development during these crucial years. They also provide opportunities for parents to communicate with their youngest Children and support them through these challenging times.

If you'd like to learn about other resources developed to support babies and toddlers, visit ZERO TO THREE at [www.zerotothree.org](http://www.zerotothree.org).



National Military Family Association has three programs in which they serve military Families. The three programs are: The Military Spouse Scholarship Program, Operation Purple Program and Family Award Program.

The **Military Spouse Scholarship Program** recognizes the importance of military spouse education and the difficulties that come with achieving higher education due to moves and expenses. Each year, hundreds of military spouses receive our scholarship to help them on the path to a successful career.

The **Operation Purple® Program** has grown exponentially in its sixth years of existence. What started as traditional summer camps now includes teen leadership programs, Family retreats, overseas day clinics, and camps for Families of the wounded. The goal is simple: help kids and Families know they serve too!

Sometimes, the best thing we can do for military Families is to celebrate them for being special! Our **Award Programs** allow us to highlight those special people that benefit military communities worldwide. Every year, we name one Family as the Military Family of the Year and we recognize two Volunteers with an award for service to the Association.



### OUR MILITARY KIDS

**A \$500 Activity Grant is available for Children who have a mom/dad deployed, or severely injured, prior to coming off Active Duty within the 60 days.**

If a Child's mom or dad is in the National Guard or Reserves and are deployed overseas, Our Military Kids can help pay for sports, fine arts and tutoring programs for their Children. That's up to \$500 per qualified-activity, per Child.

**For more information visit,  
[www.ourmilitarykids.org](http://www.ourmilitarykids.org).**

# Resources for Educators

## Tips, Tools and More

### IN THIS SECTION:

- [Helpful Websites and Links](#)
- [Teacher Interventions in the Classroom](#)
- [School Liaison Officers](#)
- [DoD Impact Aid Supplement](#)
- [Suggested Reading](#)
- [Sample Letter](#)

### Why Must The Teacher Become Involved?

It is important to become involved for two reasons. First, studies have shown that the way in which an adult responds to individuals and groups after a crisis can significantly affect the outcome of the Student's experience. Once the immediate physical and safety needs of the Child are met, consideration must be given to the psychological needs of those affected. Through supportive interventions, delayed or prolonged stress responses can be minimized and learning can resume.<sup>1</sup> Second, the process of effecting intervening with individuals or groups of Children can create a sense of class cohesiveness and help to reestablish the

## Helpful Websites and Links

Below is a list of online resources where you can learn more about various branches of the military, military-related organizations, programs and services, and resources.

Air Force: [www.afcrossroads.com](http://www.afcrossroads.com) (click on Teens & Youth, Deployment)

American Legion Need a Lift [www.needalift.org](http://www.needalift.org)

Army: [www.goacs.org](http://www.goacs.org) (click on Child & Youth Services)

Channing Bete: great resource for printed materials:

[www.channing-bete.com](http://www.channing-bete.com)

[www.teachersguides.com/](http://www.teachersguides.com/) (for activities, information and links to other useful sites)

Department of Defense Education Activity: [www.odedeodea.edu/home](http://www.odedeodea.edu/home)

Department of Defense Educational Opportunities: [www.MilitaryStudent.dod.mil/](http://www.MilitaryStudent.dod.mil/)

Department of Veterans Affairs for Kids: [www4.va.gov/kids/](http://www4.va.gov/kids/)

Educator's Guide to the Military Child during Deployment:

[www.state.gov/m/dghr/flo/c14555.htm](http://www.state.gov/m/dghr/flo/c14555.htm) (click on Educator's Guide)

Educator's for Social Responsibility Site: [www.esrnational.org](http://www.esrnational.org)

Joint Services Support: [www.jointservicessupport.org](http://www.jointservicessupport.org)

National Guard Family Programs Site: [www.guardFamily.org](http://www.guardFamily.org)

National Guard Youth Site: [www.guardFamilyYouth.org](http://www.guardFamilyYouth.org)

National Military Family Association: [www.militaryChild.org](http://www.militaryChild.org)

North Carolina National Guard Family Readiness Site:

[www.nc.ngb.army.mil/](http://www.nc.ngb.army.mil/) (click on Family Programs)

Marine Corps: [www.usmc-mccs.org](http://www.usmc-mccs.org) (click on Family Life)

Military Child Education Coalition: [www.MilitaryChild.org](http://www.MilitaryChild.org) (click on Publications/Research)

Military One Source: [www.Militaryonesource.com](http://www.Militaryonesource.com)

National Children, Youth and Families at Risk Initiative: [www.cyfernet.org](http://www.cyfernet.org)

National Child Traumatic Stress Network: [www.NCTSN.org](http://www.NCTSN.org)

Navy: [www.nffsp.org](http://www.nffsp.org) (click on Just for Kids/Just for Teens)

Operation Military Kids (OMK)/4H: [www.nc4h.org](http://www.nc4h.org); [www.operationmilitarykids.org](http://www.operationmilitarykids.org)

Reserves: [www.defenselink.mil/ra/](http://www.defenselink.mil/ra/) (click on Family Readiness)

Salute Our Services: [www.saluteourservices.org](http://www.saluteourservices.org)

Sittercity: [www.sittercity.com](http://www.sittercity.com)

Tutor.com: [www.tutor.com](http://www.tutor.com)

Our Military Kids: [www.ourmilitarykids.org](http://www.ourmilitarykids.org)

Working with Military Children: A Primer for School Personnel: [www.militaryFamily.org](http://www.militaryFamily.org)

Zero to Three: [www.zerotothree.org](http://www.zerotothree.org)



## Teacher Interventions



**As an educator, you play a critical role in the life of each Student. You are a significant and valuable resource and support as the Children affected by deployment learn to cope and also to grow during this time of change.**

We have provided some suggestions and strategies you can use in your classroom as appropriate. Remember to rely on your own wisdom and knowledge of Childhood development to help each Child and to assess their individual needs and the needs of the other Children in your classroom.

### ELEMENTARY

- ~ Engage in play activities
- ~ Paint or draw pictures reflecting feelings and thoughts about how to make things better
- ~ Write in a journal
- ~ Read and discuss stories about Children in conflict and Children as problem solvers
- ~ Write cards or letters to the deployed Family Member
- ~ Make a memory book or calendar reflecting positive thoughts and actions
- ~ Take part in individual and group counseling when problems arise

### MIDDLE SCHOOL AND HIGH SCHOOL

- ~ Keep a journal; write poetry or stories
- ~ Engage in art activities or listen to music
- ~ Write cards or letters to the deployed Family Member
- ~ Take part in individual and group counseling when problems arise

### HOW CAN MY SCHOOL COUNSELOR, NURSE, PSYCHOLOGIST OR SOCIAL WORKER HELP?

These school-based health and mental health professionals can help identify the problem and determine the degree of impact on Students and on the school. They should be trained to assess the Student's situation and provide supportive interventions that will assist in the Student's adjustment. School-based health and mental health professionals can determine if additional services may be needed from district, community or military sources, and can make those referrals.



## School Liaison Officers



### Information on Military Populations in North Carolina

- Sixty-four percent of all military personnel have military Children
- Two thirds of military Families live off post and their Children attend public schools
- The average military Family moves 3 times more often than their civilian counterpart

### Reach Every Military Child in North Carolina

The Military School Liaison Officers (SLOs) are civilians  
whose roles are to:

- Coordinate with local school systems
- Visit schools
- Assist military Families with school-related information and resources
- Refer school personnel to appropriate resources
- Serve on school related committees
- Educate schools and Families on the importance of Impact Aid
- Inform local educators of military lifestyle
- Encourage parents to partner with their Children's schools
- Attend LEA school board meetings
- Connect Families, schools and communities
- Inform command of school-related issues



For more information about this partnership or how it can help your National Guard Student, please contact a local Family Programs office. You may also contact Shevelle Godwin, Fort Bragg Army School Liaison, at 910.907.5044 or [shevelle.ramirez@us.army.mil](mailto:shevelle.ramirez@us.army.mil). You can also learn more online at [www.fortbraggmwr.com/sls/sls.php](http://www.fortbraggmwr.com/sls/sls.php).

*To ensure that National Guard Children are represented, the North Carolina National Guard Family Programs staff participates in Regional Roundtables, alongside the Military School Liaison Officers to answer questions and to provide information to local educators and stakeholders. Our mission in the partnerships is deliver information to the local community about our Family Programs, the approximate number of NC National Guard in that local community, and other information that they should know. The NC Department of Public Instruction has a Military Liaison for military Families with school age Children. For Questions or concerns call (919) 807-3376*

## DoD Impact Aid Supplement

### The DoD Impact Aid Supplement

DoD has three separate Impact Aid programs: the DoD Supplement to Impact Aid Program, the DoD Impact Aid for Children with Severe Disabilities Program and the new DoD Impact Aid for Large Scale Rebasing. All three programs are certified yearly with information provided by local educational agencies (LEAs) to the U.S. Department of Education on the Federal Impact Aid Form.

The DoD Supplement to Impact Aid Program provides financial assistance to eligible LEAs pursuant to Section 386 of Public Law 102-484.

The DoD Impact Aid for Children with Severe Disabilities Program allows eligible LEAs to apply for financial assistance for providing services to eligible military dependent Children with severe disabilities, as authorized by Section 363 of Public Law 106-398, the Floyd D. Spence National Defense Authorization Act (NDAA) for Fiscal Year 2001.

The DoD Impact Aid for Large Scale Rebasing makes available funds to assist eligible LEAs in making adjustments as described in Section 571 of Public Law 110-181, The National Defense Authorization Act for Fiscal Year 2008. Congress did not appropriate any funding for FY08.

### Is my School District Eligible?

#### Supplement Impact Aid

If your school district has at least 20% average daily attendance of military dependent Students, your district does not have to do anything until contacted by a DoD representative regarding financial assistance from the Supplement Impact Aid Program funding. Eligible school districts will be contacted and requested to submit a Standard Form (SF) 3881, ACH Vendor/ Miscellaneous Payment Enrollment Form so that DoD can provide direct deposit payments by electric transfer.

#### Impact Aid for Children with Severe Disabilities

If your school district provided information on the Federal Impact Aid form that it had at least two military dependent Children with disabilities, your district will be contacted by DoD and encouraged to apply for Impact Aid funds if at least two of those Children have severe disabilities and the LEA meets the cost criteria of the DoD Impact Aid for Children with Severe Disabilities Program.

#### Large Scale Rebasing Impact Aid

Congress did not appropriate funds for this program for FY08. If your school district meets the 20% average daily attendance of military dependent Students as described above and as a result of large scale rebasing, you have experienced an overall increase or reduction of either no less than 5% of your military dependent Students or no less than 250 military dependent Students. Should you qualify for the DoD Impact Aid for Large Scale Rebasing funds, the DoD will notify you of your eligibility.

**For More Information about the DoD Impact Aid Supplement visit their website at [www.militaryhomefront.dod.mil/sp/dodimpactaid/supplemental](http://www.militaryhomefront.dod.mil/sp/dodimpactaid/supplemental)**

## Suggested Reading

### Pre-School

#### **DADDY IS A SOLDIER**

Written by Kirsten Hallowell

This is a very small and simple book, with rhyming text, intended for the youngest of audiences. Toddlers can grasp the easy explanations about Daddy's job and that is sometimes has to go away.

#### **DADDY, YOU'RE MY HERO & MOMMY, YOU'RE MY HERO**

Written by Michelle Ferguson-Cohen

The whimsical, multi-cultural, Child-like illustrations and easy-to-read text offered young Children a description of deployment day. It describes Mommy's/Daddy's tears, Mommy's/Daddy's farewell hug, and the Child's plans for care-packages and a reunion party. It also gives a simple explanation as to why Daddy/Mommy has to leave to help keep the world safe.

#### **A YELLOW RIBBON FOR DADDY**

Written by Anissa Mersiowsky

In a lyrical tone, this book presents the difficult questions Children might pose during a deployment. An example of the issues addressed is "why is Daddy fighting, when he told me that I can't"?

### Elementary Age Children

#### **A VERY LONG TIME**

Written by Geri Timperley and Nikki Arro

This book very simply discusses the passage of time, and how difficult it can be for a young Child to wait patiently for a BIG event to finally arrive! It also discusses being away from the Military parent.

#### **NIGHT CATCH**

Written by Brenda Ehrmantraut

As stated by Ms. Ehrmantraut, when a Soldier's work takes him half-way around the world, he enlists the help of The North Star for a nightly game of catch with his son. NIGHT CATCH is a timeless story that connects Families while they are apart and offers comforting hope for their reunion. The last page of this book illustrates the Big Dipper, Little Dipper, and Polaris. There is a brief discussion of The North Star. Great way to discuss being away from a parent, family traditions, and Polaris.

#### **A PAPER HUG**

Written by Stephanie Skolmoski

This book is about deployment and separation and how Children miss their daddies. More importantly it is about how much daddies miss their Families and Children. It is a must buy for any Military Family who is dealing with deployment.

#### **THE KISSING HAND**

Written by Audrey Penn

This book is useful for parents to read to Children prior to separations, of any kind. While not specifically written for Military Families, it is a reassuring story for parents of young Children facing deployments.

### Middle School Children

#### **MAKE ME A MEMORY**

Written by Tamra Norton

This is the story of Allie Claybrook whose life changes drastically when her father deploys to Iraq, and she and her Family must move to Idaho to live with grandparents. According to Lola Cook, high school English teacher, Allie comes to understand that memories and loved ones are both precious and fragile. Ms Norton writes about these changes with a great sense of humor!

#### **MY DADDY WAS A SOLDIER; A WORLD WAR II STORY**

Written by Deborah Kogan Ray

This book describes the experiences of a young girl who is missing her father, while he is away at war. Military Children today can relate to her emotions and, at the same time learn about history.

#### **SOLDIER MOM**

Written by Alice Mead

This is a fictional story of a pre-teen girl who takes additional responsibilities and experiences personal growth during her mother's seven-month deployment to Operation Desert Storm.

#### **WAR? I'M SCARED**

Written by We Write Kids

This book is written by Children, through the perspective of a dog, addressing the events of September 11, 2001. The positive focus of this book leads the readers to understand that we can all play a role in making the world a better place.



## High School Children

### OPERATION HOMEFRONT

Written by Carolina B. Cooney

This book is about a mother who joins the reserves to help pay for her schooling. Her Children thought her weekend warrior life was a joke until she was called up. Story shows how the Children pull together and gain a new perspective on their mother.

### CHARLIE PIPPIN

Written by Candy Dawson Boyd

This book is about a daughter whose father is always angry. She learns from her mother how her father, during the Vietnam War, lost his dreams and became the angry person he is today. This book has a strong and sometimes simplistic peace message that allows Children to form their own opinion about what their parents do.

### THE PURPLE HEART

Written by Marc Talbert

This book is about a father who returns from Vietnam War and is nothing like his son anticipated. Son now realizes what war does to people and who is irrevocably changed by it.



### NCNG Teen Weekend Retreat

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# Sample Letter

**Below is a sample letter that  
parents may provide to educators  
during absences.**

{Date}

Dear {Teacher or Principal},

The father/mother of \_\_\_\_\_ is being deployed with his/her North Carolina National Guard Unit and will be gone for an undetermined amount of time. I make you aware of this because you may notice some behavioral, emotional, or academic changes. \_\_\_\_\_ may act out, be more/less active, or withdraw from friends and activities he/she once enjoyed. Emotionally he/she may be angry, sad, or anxious or may be hiding that anything is bothering him/her. Academically, he/she may find it difficult to concentrate which may cause grades to dip. Also, with one parent absent, there may not be anyone to help with homework.

If you notice any of these things, please do what you can to support my son/daughter and keep me informed. Please alert the school counselor and nurse of this situation as well as their support may also be needed. Thank you in advance for the many ways your tender care and attention will help my son/daughter cope throughout this very stressful period.

Sincerely,

{Parent Signature and phone number}